



Tobacco Tid-bits

November, 2000

Issue 7

Southwest Washington Health District

2000 Fort Vancouver Way
Vancouver, WA 98663

Editor: Kimberly Nelson
tobaccotidbits@home.com

(360) 397- 8416
(503) 940- 2700

Great American Smoke Out

On November 16, smokers were asked to give up their cigarettes for one day— in the hope that it would lead to a lifetime commitment to quit. The Clark County YMCA helped by providing tobacco quit kits with cessation information and tools. They also reminded smokers of the grave consequences of continuing to smoke by erecting over 100 white tombstones across their front lawn. Each tombstone represented 63 smokers who have died in Washington of smoking related illnesses. Many schools participated with posters, displays, hospital bracelet chains and tobacco-free merchandise give-aways. At a press conference the day before the Great American Smoke Out, the Southwest Washington Health District announced their tobacco prevention plan and the opening of the statewide toll-free Quit Line.

Quit Line Taking Calls

The Washington Tobacco Quit Line began taking calls on November 15. The Quit Line is a free service offered by the Washington State Department of Health. It provides one-on-one cessation assessment and counseling, as well as referrals to resources within communities. Clark County Commissioner Craig Pridemore— who has tried to quit smoking at least 20 times over the past 20 years— helped demonstrate how the Quit Line works by calling the number at the Health District press conference. Pridemore hopes to quit for good this time with help from Quit Line counselors. The toll free number is **1-877 270-STOP** in Español **1-877-2 NO FUME** or TTY **1-877-777-6534**. The Quit Line is being promoted through the media. We encourage health care providers to give the number to patients, and posters advertising the Quit Line are available at the SW Washington Health District.

Prevention Plan Announced

Smoking cessation among youth is the highest priority of the SW Washington Tobacco Prevention plan, according to Janet Charles, Director of the Community Health & Wellness Division of the SW Washington Health District. Settlement funds totaling \$138,422 will be used to prevent young adults from smoking, promote quitting, eliminate exposure to secondhand smoke and disparities among different groups. Strategies include school based programs, public education, coalitions, retail compliance checks and youth tobacco surveys. The state settlement funds were allocated based on population and presence of existing programs. The funds will be in place through June of 2001.

Media Campaign Hits Theaters

Beginning this month teens visiting Washington movie theaters will see the latest anti-tobacco advertising— while catching the latest flicks. Tobacco prevention messages aimed at teens were posted in movie theater lobbies Thanksgiving weekend. They will remain through the end of the year— with two more flights scheduled for next year.

Smoking Effects are All-Invasive

Smoking has long been linked to lung cancer and heart disease but a mountain of research is now proving that smoking has ill effects on every tissue in the body. The oxygen deprivation caused by smoking has been linked to increased bone loss, higher injury rates, and longer wound recovery times. *Oregon Orthopedic Surgeon Dr. Miguel Schmitz* found that leg fractures took 70 percent longer to heal in smokers than non-smokers. In another study on Army recruits, *Dr. John W. Gardner* found that smokers were 1.5 times more likely to be injured during 8 week basic training than nonsmokers. HealthScout@USAToday

Traveling Smoke-free

If you are traveling in Washington, it's easy to find smokefree restaurants and accommodations. Just go to the state Department of Health Website at www.doh.wa.gov/tobacco. Click on smoke free restaurants and hotels. It's that easy to keep your environment healthy when traveling or at home.

Depression Linked to Smoking

Many people have used smoking as an excuse to feel better, but a new study reveals it could actually have the opposite affect. The study appears in the October issue of *Pediatrics*, and it shows that teens who smoke are four times more likely to develop highly depressed symptoms over a one year time period.

Summit Empowers Local Teens

In October, over 1,000 tobacco prevention advocates gathered in Yakima for the Washington State Prevention Summit 2000. More than 200 youth attended training workshops on leadership in tobacco prevention, media and presentation skills, conflict resolution and community action. SW Washington was represented by Senior Brianna Polizzi from Skyview High School and Rocha Dollar, a Sophomore at Columbia River High School. Both girls were chosen to attend the Summit because of their commitment to educate their peers about the dangers of drugs. Polizzi is the head of the Skyview Prevention Club. "I learned that helping teens isn't always about getting out there and getting in their face about substances, but also listening to them and educating them about what is wrong," said Polizzi. Dollar is a school representative for MADD, SAFETY and SADD. She said the public speaking skills she gained at the Summit will be very helpful when her prevention groups begin talking to elementary and middle school classrooms about tobacco use.



Quitting with Humor

Some tobacco-quit ads scare people into giving up smoking but this series of cartoons injects humor into kicking the habit. There are 6 frames in the cartoon strip, courtesy the California Department of Health. The Southwest Washington Health District paid for the strip to run in thefaxtimes.com in the days leading up to the Great American Smoke Out. The cartoon is available for your use as well. Just contact James Lanz at the SW Washington Health District: (360) 397-8416 or e-mail: Jlanz@swwhd.wa.gov.

Do you Have SOUL?

SOUL (Saving Ourselves from Unfiltered Lies) is about youth speaking out against tobacco. The SOUL board is changing the scope of their work and reorganizing, which means they are recruiting for new members. The board will add regional SOUL boards made up of one representative from every school or county tobacco youth coalition. The Boards will meet regularly with the SOUL Executive Board to better support local efforts. The Washington State Department of Health is coordinating this effort with Washington DOC (Doctors Ought to Care). For more information contact Marie Hruban: (360) 236-3730 or e-mail : marie.hruban@doh.wa.gov.

December Calendar of Events

- December 12,** Clark County Tobacco Free Coalition meeting– SW Washington Health District auditorium- 2:30-4 PM. Contact James Lanz (360) 397-8416
- December 12,** Multnomah County Tobacco Prevention Coalition Meeting- 12-2 PM American Heart Assoc. 1425 NE Irving St. Suite 100, Conference Room A. Contact Erik Vidstrand (503) 988-3663 x28805
- December 14,** CMASA meeting- 3:30 PM Stevenson Courthouse Annex. Contact: Susie Strom (509) 427-9490 x297
- December 19,** Tobacco Free Youth Art Contest planning meeting. Community Choices 2010- 3:30. Contact Cristy Miller: 694-2588
- December 20,** C.C. 2010's Health & Safety Committee Meeting- SW Washington Medical Center Memorial Campus- 12-1 PM Fir/Willow room. Contact Cristy Miller: 694-2588

Please let us know if you have a tobacco related event you would like posted here.